

Mushroom Steak Fajitas

Prep time: 45 minutes

Makes: 4 Servings

Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetables ante by sautéing savory mushrooms and mixing them with steak for an umami-rich, flavorful punch. And we've sped up the preparation time for this Tex-Mex favorite, foregoing marinating the steak by using a tender cut.

Ingredients

- 12 ounces** sirloin or other boneless steak (about 3/4-inch thick)
- 3 cups** sliced cremini mushrooms
- 1 tablespoon** no-salt fiesta lime seasoning (divided)
- 1 tablespoon** olive oil
- 1** medium green bell pepper (sliced into strips)
- 1** medium red bell pepper (sliced into strips)
- 1** medium yellow bell pepper (sliced into strips)
- 8** whole-wheat tortillas (6-inch)
- 1** medium tomato (diced)
- 2 cups** shredded iceberg lettuce
- 4 tablespoons** non-fat sour cream

Directions

Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 tbsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	430	
Total Fat	16 g	25%
Protein	27 g	
Carbohydrates	46 g	15%
Dietary Fiber	7 g	28%
Saturated Fat	5 g	25%
Sodium	530 mg	22%

MyPlate Food Groups

Vegetables	1 41/100 cups
Grains	2 14/25 ounces
Protein Foods	2 1/4 ounces

sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk and side of mango chunks, about 3/4 cup.